

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

Jan. 4-8, 2016 Theme: New Year, New Beginnings!!!



Monday, 01/04/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Good Morning Mr. Judge	Gym Game: Captain Midnight	Lunch and Down Time	Multipurpose: What's Different?	Dance/Drama: Rain & Fast Shake Down	Gym Game: Beanbag Toe Tag	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Game: Captain Midnight	Classroom: Good Morning Mr. Judge	Lunch and Down Time	Gym Game: Beanbag Toe Tag		Multipurpose: What's Different?	Lower Deck: Afternoon Snack	ASX Activities

Tuesday, 01/05/2016

	7:00-9:00	9:00-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	Raleigh Little Theatre 9:30-11:30 Pick Up Time: 9:00 AM Drop Off Time: 12:00 PM	Lunch and Down Time	Art Project: Fuse Beads	Gym Game (Group 1 & 2): Capture the Flag	Multipurpose: Apples to Apples	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack		Lunch and Down Time	Multipurpose: Apples to Apples		Art Project: Fuse Beads	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 01/06/2016

	7:00-9:45	9:45-12:50	12:50-2:20	2:20-2:50	2:50-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	Buffaloe Road Aquatic Center 10:15-12:00 Pick Up Time: 9:45 AM Drop Off Time: 12:50 PM	Lunch and Down Time	Science/Nature: Banzai Egg Drop	Gym Game (Group 1 & 2): Mr. Travis' Special Cross the Ocean	Multipurpose: Best Of...	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack		Lunch and Down Time	Multipurpose: Best Of...		Science/Nature: Banzai Egg Drop	Lower Deck: Afternoon Snack	ASX Activities

Thursday, 01/07/2016

	7:00-9:30	9:30-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	NEW YEARS CELEBRATION!!! Participants will eat, drink, play games and celebrate The New Year here at Marsh Creek!	Lunch and Chill Time	Gym Game Jedi Dodgeball	Gym Game (Group 1 & 2): POP!!!	Multipurpose: Musical Chairs	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities		Lunch and Chill Time	Multipurpose: Silent Ball		Gym Game Jedi Dodgeball	Lower Deck: Afternoon Snack	ASX Activities

Friday, 01/08/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Art Project: Bead Jewelry	Clinic: Marsh Creek Scavenger Hunt	Lunch and Down Time	MCCC Lab: Computers/iPads	Gym Game (Group 1 & 2): Chief	Gym Game: Front, Back, Right, Left	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Game: Front, Back, Right, Left		Lunch and Down Time	Art Project: Bead Jewelry		MCCC Lab: Computers/iPads	Lower Deck: Afternoon Snack	ASX Activities

ARTS/CRAFTS
 FIELD TRIP
 DANCE / DRAMA / MOVEMENT
 CLINIC
 SCIENCE / NATURE

MARSH CREEK TRACK OUT X-PRESS PROGRAM – TRACK 4

Jan. 11-15, 2016 Theme: New Year, New Beginnings!!!



Monday, 01/11/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Art Project: Shrinky Dinks	Gym Games: Crossfire	Lunch and Down Time	Multipurpose: Board games	Gym Game (Group 1 & 2): Catch Up	Gym Games: Knockout	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Crossfire	Art Project: Shrinky Dinks	Lunch and Down Time	Gym Games: Knockout		Multipurpose: Board games	Lower Deck: Afternoon Snack	ASX Activities

Tuesday, 01/12/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Pictionary	Gym Games: Human Bowling	Lunch and Down Time	Science/Nature: Sparkling Pennies	Gym Game (Group 1 & 2): Hunger Games	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Human Bowling	Classroom: Pictionary	Lunch and Down Time	Outside: Playground		Science/Nature: Sparkling Pennies	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 01/13/2016

	7:00-9:00	9:00-1:00	1:00-2:00	2:00-2:30	2:30-3:30	3:30-4:00	4:00-6:30
Group 1	BSX/ Snack	Sertoma Arts Center Group 1 (Grades K-2): 9:30-10:30 (Pick Up 9:00AM, Drop Off 11:00AM) Group 2 (Grades 3 & 4): 10:30-11:30 (Pick Up 10:00AM, Drop Off 12:00PM) Group 3 (Grades 5 and Up): 11:30-12:30 (Pick Up 11:00AM, Drop Off 1:00PM)	Lunch and Down Time	Dance/Drama: Story Time with Mr. Jamaal and "Gary Creek"	Classroom: Mingle	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack		Lunch and Down Time		Multipurpose: Four Corners	Lower Deck: Afternoon Snack	ASX Activities

Thursday, 01/14/2016

	7:00-9:30	9:30-1:30	1:30-2:30	2:30-3:00	3:00-3:30	3:30-4:00	4:00-6:30
Group 1	BSX/ Snack	Triangle Rock Club Group 1 (Grades K-2): 10:00-11:30 (Pick Up 9:30AM, Drop Off 12:00PM) Group 2 (Grades 3 and Up): 11:30-1:00 (Pick Up 11:00AM, Drop Off 1:30PM)	Lunch and Down Time	Gym Game (Group 1 & 2): Lifeguard	Multipurpose: Four Corners	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack		Lunch and Down Time		Classroom: Mingle	Lower Deck: Afternoon Snack	ASX Activities

Friday, 01/15/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Art Project: Wood Snake Craft	Gym Games: Protect the President	Lunch and Down Time	MCCC Lab: Computers/iPads	Gym Game (Group 1 & 2): Torpedo	Outside Game: Camouflage	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Protect the President	Art Project: Wood Snake Craft	Lunch and Down Time	Outside Game: Camouflage		MCCC Lab: Computers/iPads	Lower Deck: Afternoon Snack	ASX Activities





Monday, 01/18/2016

Holiday Observance (MLK Day)

TRACK OUT CLOSED

Tuesday, 01/19/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Gym Games: Fire, Thunder, Lightning	Science/Nature: Soda Bottle Tornadoes	Lunch and Down Time	Art Project: Design-A-Hat	Dance/Drama: Bus Stop & Pass the Sound	Gym Games: Steal the Bacon	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Science/Nature: Soda Bottle Tornadoes	Gym Games: Fire, Thunder, Lightning	Lunch and Down Time	Gym Games: Steal the Bacon		Art Project: Design-A-Hat	Lower Deck: Afternoon Snack	ASX Activities

Wednesday, 01/20/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Classroom: Heads Up, 7 Up	Gym Games: Line Tag	Lunch and Down Time	Classroom: Ghost in the Graveyard	Gym Game (Group 1 & 2): Jump the Creek	Gym Game: STAFF Choice	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Sideline Basketball	Classroom: Heads Up, 7 Up	Lunch and Down Time	Gym Game: STAFF Choice		Classroom: Ghost in the Graveyard	Lower Deck: Afternoon Snack	ASX Activities

Thursday, 01/21/2016

	7:00-9:30	9:30-10:15	10:15-11:15	11:15-12:15	12:15-1:45	1:45-2:45	2:45-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX Activities	Classroom: Snack and Assembly	Art Project: Juice & Design	Gym Games: Soccer	Lunch and Down Time	Multipurpose: Rhyme or Relate	Gym Game (Group 1 & 2): Spider Ball	Outside: Playground	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX Activities	Classroom: Snack and Assembly	Gym Games: Gator Ball	Art Project: Juice & Design	Lunch and Down Time	Outside: Playground		Multipurpose: Rhyme or Relate	Lower Deck: Afternoon Snack	ASX Activities

Friday, 01/22/2016

	7:00-8:30	8:30-11:30	11:30-12:00	12:00-1:30	1:30-2:30	2:30-3:30	3:30-4:00	4:00-4:30	4:30-6:30
Group 1	BSX/ Snack	Six Forks Station Cinema 9:00-11:00 Pick Up Time: 8:30 AM Drop Off Time: 11:30 AM	Clinic: Zumba with Ms. Jacque	Lunch and Down Time	Multipurpose: Name 6	Dance/Drama: Questions Only, Sound Effects, Charades	MCCC Lab: Computers/iPads	Lower Deck: Afternoon Snack	ASX Activities
Group 2	BSX/ Snack			Lunch and Down Time	MCCC Lab: Computers/iPads		Multipurpose: Name 6	Lower Deck: Afternoon Snack	ASX Activities

ARTS/CRAFTS
 FOOD EXPERIENCE
 DANCE / DRAMA / MOVEMENT
 FIELD TRIP
 CLINIC
 SCIENCE / NATURE

Marsh Creek Track Out

Track 4 - Week 1



Field Trip Information!

Raleigh Little Theater

301 Pogue Street, Raleigh, NC 27607
919-821-4579

An exciting world of drama awaits at Raleigh Little Theatre! Participants will get the opportunity to experience a behind-the-scenes tour and a short drama workshop.

Buffalo Road Aquatic Center

5908 Buffaloe Road, Raleigh, NC 27601
919-996-5600

Participants will get to experience a water slide, lazy river, water vortex, play areas and more at Raleigh Parks, Recreation & Cultural Resources Department's most unique Aquatics facility!

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember pink & white Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 4 - Week 2



Field Trip Information!

Sertoma Arts Center

1400 W Millbrook Road, Raleigh, NC 27612
919-996-2329

Participants can brush up on their art skills or learn to develop new ones as they create fun & unique art projects with the help of Art Center Staff!

Triangle Rock Club

6022 Duraleigh Road, Raleigh, NC 27612
919-803-5534

Triangle Rock Club is Raleigh's premiere rock climbing facility with climbing walls and boulders. Participants will be given a beginner climbing lesson and should wear comfortable clothing (nothing too loose due to the fact that they will be climbing and wearing climbing harnesses). **This trip will require a waiver to be signed by each child's parent/guardian.**

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips
- Sign field trip waiver

Remember pink & white Key Tag and/or Photo ID when picking-up participants

Marsh Creek Track Out

Track 4 - Week 3



Field Trip Information!

Six Forks Station Cinema

9500 Forum Drive, Raleigh, NC 27615

919-846-3904

Participants will get to enjoy a trip to the movies complete with popcorn & drink as they view a children's movie on the big screen! (All films are rated PG)

Reminders

Bring daily

- 1 lunch
- 2 snacks
- Blanket or Towel (for Down Time)

Field Trips

- Wear blue field trip shirt
- No additional money is needed for any field trips

Remember pink & white Key Tag and/or Photo ID when picking-up participants